

## ABSTRACT OF THE DISCLOSURE

The invention is a method, inclusive of its associated device or apparatus, of more effectively cooling the human body by the process of an enhanced evaporation process. The method provides for the spraying a generally wide pattern of a fine mist spray of de-mineralized water on the skin to be cooled from either a non-pressurized container having a manual pump spray for discharging the water from the container, or a pressurized container having a propellant mixed with the de-mineralized water, where the pressurized container further has a manually operated actuator for discharging the water from the container. In the latter case, the propellant is one of nitrogen, carbon dioxide and air, preferably nitrogen.